RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF- EFFICACY AMONG PREGNANT WOMEN IN YOGYAKARTA

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ABSTRACT

Background: Maternal mental health problems, most often depression and anxiety, remain a major public health concern during the antenatal and postnatal periods. Some studies reported that high level of self-efficacy in pregnant women might improve maternal prenatal care. This study aimed to investigate the relationship between family support and self- efficacy among pregnant women in Yogyakarta.

Subjects and Method: This was a cross-sectional study conducted at Kotagede I Community Health Centre, Yogyakarta from October 2017 to July 2018. A total of 30 primigravida dan multigravida women with the third trimester of gestational age was selected for this study. The dependent variable was self-efficacy of pregnant women. The independent variable was family support. The study subjects were selected by accidental sampling. The primary data were collected using family support and maternal confidence questionnaires. The data were analyzed by chi-square.

Results: A total of 93.3% of pregnant women had strong family support. The majority of pregnant women possessed high levels of self-efficacy (90%). Good family support increased the self-efficacy of pregnant women (OR= 113.40; 95% CI= 6.26 to 2054.00; p <0.001).

Conclusion: Good family support increases the self-efficacy of pregnant women.

Keywords: pregnant women, self-efficacy, family support

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